



Nina Foundation Standard Chartered Mumbai Marathon, 2014

REPORT

A decade of glory.... The glory of being on the move... the glory of being on the move WITH speed, not just only for the 2014 Standard Chartered Mumbai Marathon held on January 20th, but being on the move, always: ahead and on an upward note! Yes, true! Once again, pipping the post for the 10th time, Nina Foundation whole heartedly participated in this encouraging event, the “Run for Fun on



Friends with Spinal Cord Injury, members of the Nina Foundation carried a message for not just themselves alone, but to all. Their message of “Walking together for a wonderful tomorrow” in spite of facing ‘troughs’ in their daily life. They injected renewed hope and aspirations to fellow runners and those supporters who came to encourage them! Even the able-bodied participants, be it the young or the senior citizens, cheered as ambassadors of the Nina Foundation passed by. What can one say? No words will be able to convey the inner pride that the volunteers experienced as they witnessed such proud moments to be etched in their memories for life! Some marathon participants who were not in competitive spirits actually with admiration written all over their face, stopped, applauded and ran along as they parted ways!

The 10th year, a great milestone, saw Nina Foundation’s army made up of 90 supporting the cause comprised of members with spinal cord injury and their families, its Trustees, volunteers and friends. All met at 6.15am sharp in the designated area outside St. Xaviers college at Metro, Mumbai. Each committed ‘soldier’ voluntarily assigned him/herself various tasks viz., to bring members from Churchgate and VT station, to make them wear the NF T-shirts made in teal blue, a hue that brings calm to all: the wearer, the admirer and also those that wheeled them. Members, who participated irrespective of distance they came from, once again proved that where there’s a will there certainly IS a way. And by the way, don’t the able-bodied find excuses not to accomplish what they can?!

The annual Mumbai Marathon is an intrinsic part of Nina Foundation’s event schedule for each year. For, it is participation in such public events that our Members boost their morale and build up their self confidence to interact with friends with SCI (receiving and giving encouragement to one another), the general public and make new friends. This in turn helps them to weave and work on their dreams and meet challenges that are thrown in their life’s path. Besides giving inspiration to others they get inspired too! Hearty congratulations to all our wonderful members and SCI friends who participated in this year’s Mumbai Marathon. Sure made Nina Foundation proud! THUMBS UP to each of you!

Behind the scene activities like filling up and submitting forms, furnishing documents or distributing marathon kits at the Expo at Bandra or distribution of bibs to members who were unable to pick them up the previous day must be made special mention of. For, without the support of this administrative back-up of Pooja Khedekar, Bhavna, Madhu Singh, Oliver D'souza and of course, our dependable Kreate Team, it would have definitely been a challenge to have our event go off with precision. Preparations for such events take a long time to plan and as usual, Ketna, ensured that Nina Foundation succeeded in doing so! The Operations Team consisted of Pooja Khedekar, Oliver D'souza and Bhawana from Kreate. Special placards of Nina Foundation with an encouraging fervour to Mumbai-ites with holders were designed and created by Kreate. Oh! Need I say that they were just brilliant?!


Our trustees, Dr. Bhojraj and Dr. Shilpa Bhojraj, Dr Jacob, Dhaval and Vidya, too, heartily participated and encouraged not only our participants but also cheered the general public participating in the Mumbai Marathon! Popular Bollywood star, the cheerful Dia Mirza actually stopped by to greet and encourage quite a few of our NF members and received a very warm hug from our Vidya, too!

This time around there was special excitement in our designated area. Magicians and jugglers entertained all present. Food packets and refreshing tea was offered to one and all by the Marathon volunteers. There was lively music that tempted young and old to take to the floor and shake a leg or two. At the end of the Marathon stretch, all our members were garlanded with 'Champions with Disability' Medals. Kudos and Cheers! To us, ALL are winners for they have won our hearts!!

John Abraham, ambassador of the Standard Chartered Marathon smiled, cheered and waved out all, as our 'stars' passed the podium. Events like these are always graced by the presence of celebrities and people who are known in social circles, Bollywood stars.

This event too was no exception. May I dare say, how many talk about these differently-abled Champion achievers who are never seen in the media, heard or talked about as often as should be, especially for all their achievements in spite of challenges they face in their daily lives, a simple thing as to be able to walk freely and without support, something which we all take for granted?

Well, actually, we at Nina Foundation do notice, acknowledge and honour ALL these true champions, not just those participating in the Marathon. For us, every Spinal Cord Injured is a really a friend for

life . And so we, on SCI Day celebrated on June 25th each year, honour two of such admirable achievers with the Rockstar and the Willstar Awards.

All good things come to an end and so did the 2014 Standard Chartered Mumbai Marathon. We at Nina Foundation now await for the next one to prove ourselves once again!

TILL THEN.... BE ON THE MOVE..... and whilst doing so, remember to acknowledge ALL our Champions!



SEE YOU NEXT YEAR!



By Vidya Shenoy

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